

Good Health

YOUR Most Valuable Asset

Most people recognize that full enjoyment in life is tied to healthy well-being. Most people also recognize that healthy well-being, particularly cardiovascular health and all-body conditioning, requires some level of exercise.

The real challenge is finding the time and motivation to get the exercise. Actually, when done properly with the right equipment, it does not take much — the American Heart Association recommends as little as 20 minutes every other day* (plus 5 minutes for warm up and cool down). Virtually everyone can find this much time.

EXERCYCLE[®]

Exerciser

*The American Heart Association recommends that aerobic exercise every other day that raises your heart rate to your own target zone and maintains it there for 20 minutes will sustain cardiovascular health. One's target zone is 60 to 75 percent of his or her maximum heart rate. You can estimate your maximum heart rate by subtracting your age from 220.

So what is
the answer...

EXERCYCLE®
Exerciser



EXERCYCLE®

Exerciser

Most medical sources today agree that the best exercise combines both upper and lower body workouts. But most people who do exercise use activities or equipment that cannot provide this.

Treadmills provide lower body activity (usually with the pounding stress of high joint impact) but do almost nothing for your upper body.

Walking aggressively can offer cardiovascular benefits, but again, using only lower body action which excludes many important muscle groups and joint systems.

Rowing Machines work arms and legs but miss many of the body's other muscle groups and joint systems.

Stationary Bikes, regardless of size, type or cost, all exercise the legs exactly the same way but do little for other parts of the body.

XC Ski Simulators — How much exercise can you expect trying to coordinate shuffling feet and alternating arm pulling while standing in one place without losing your balance?

...and all these machines feature the greatest deterrent to your exercising intentions; continuous totally repetitive action that is

BORING!

BORING!

BORING!

The one fitness machine that gives you cardiovascular workouts involving both the upper and lower body and at the same time provides exercise and toning for all major muscle groups through a creative range of body action, exertion and muscle activity. The Exercycle exerciser gives you:

- exercising benefits that otherwise require a combination of walking, jogging, cycling, rowing, swimming, sit-ups, and pull-ups.
- benefits one gets from a treadmill, a rower, a stair climber, a bike and a XC ski simulator ... all in one machine.
- clinically tested product safety assurance; approved by Underwriters Laboratories and Canadian Standards Association; registered by the U.S. Food and Drug Administration.
- the security and comfort of solid engineered stability and a large contour designed seat.
- infinite electronic exertion resistance that instantly and automatically accommodates the level of activity you choose from passive motion to **your** maximum exertion level.
- motor driven motion that guides you through your exercise regimen even while you watch TV or listen to music.
- the confidence of having a premium quality fitness machine that for more than 50 years has been helping hundreds of thousands of people worldwide gain and maintain good health ... quality so assured that your purchase comes with a 5 year product warranty.

Doesn't it make sense to give top consideration to the Exercycle exerciser before you buy any lesser fitness machine?

If you wish to learn more about the one-of-a-kind capability of the Exercycle exerciser contact your local Exercycle dealer or fill out and mail this form to us. We will be pleased to arrange a free in-home demonstration or we will send you a free video tape that presents the Exercycle story.

Name

Street Address

City

State

Zip Code

(for smaller town or suburb) list closest Metro Area

Phone No.

Date to Contact

Hand to the Exercycle professional or mail to:

Exercycle Corporation
667 Providence Street
P.O. Box 1349
Woonsocket, RI 02895

1-800-367-6712

EXERCYCLE[®]

Exerciser

Exercycle Corporation
667 Providence Street
P.O. Box 1349
Woonsocket, RI 02895

1-800-367-6712